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ABSTRACT

This book presents comprehensive, ready-to-apply information from 33 world-class coaches and experts about major track and field events for high school and college coaches. The volume features proven predictive testing procedures; detailed event-specific technique instruction; carefully crafted training programs; and preparation and performance tactics for successful competition. The chapter titles include: (1) "Organizing a Successful Program" (Joseph L. Rogers); (2) "Predictive Testing of Athletes" (Phil Henson; Paul Turner); (3) "100 and 200 Meters" (Curtis Frye); (4) "400 Meters" (Clyde Hart); (5) "100- and 110-Meter Hurdles" (Ralph Lindeman; John Millar); (6) "400-Meter Hurdles" (Gary Winckler); (7) "800 Meters to Mile" (Mike Poehlein); (8) "3,000 to 10,000 Meters" (Lance Harter; Harry Groves); (9) "Relays" (Rob Johnson; Karen Dennis); (10) "Long Jump" (Kyle Tellez; Kathy James); (11) "Triple Jump" (Dean Hayes); (12) "High Jump" (Sue Humphrey; Doug Nordquist); (13) "Pole Vault" (Jim Bemiller); (14) "Shot Put" (Bill Godina; Ron Backes); (15) "Discus" (Don Babbitt); (16) "Javelin" (C. Harmon Brown; Bill Webb; Bob Sing); (17) "Hammer" (Ken Bantum); (18) "Racewalking" (Jeff Salvage; Bohdan Bolwicaski; Gwen Robertson; Ian Whatley; Gary Westerfield); (19) "Heptathlon" (Cliff Rovelto); and (20) "Decathlon" (Harry Marra). (Contains 65 references.) (BT)

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